

# TALLYHO

*Serving the men and women of Fighter Country*  
Luke Air Force Base, Ariz.

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Aug. 18, 2000

## Runway closes, flying mission continues

**By Tech. Sgt. George F. Jozens**  
*56th Fighter Wing Public Affairs*

Contractors recently began demolishing the ends of Luke's outer runway to prepare for new concrete during a four-month project.

The outer runway is being replaced because of "pop-outs," said Senior Master Sgt. Dave Prince, 56th Operations Support Squadron airfield management chief. As aircraft land in the first 1,000 feet of each end of the outer runway, they dislodge rocks from the concrete.

Once dislodged, the rocks become a hazard. They could be sucked into the aircraft, creating foreign object damage to the engine, Prince said.

The old concrete was composed of aggregate that is 3 inches and smaller, said Larry Pomeroy, 56th Civil Engineer Squadron construction management chief.

"We are using three-quarter inch minus rock this time. This will cause a change in the concrete thickness from the current 11 inches to 14 inches," Pomeroy said.

The runway has been wearing down for many years, Prince said. The runway's capabilities will remain the same after the repairs.

"It can still accommodate most aircraft," Prince said. "Luke will continue to restrict aircraft heavier than C-130s because of the asphalt portion of the (outer) runway."

Luke will still be able to put a whole bunch of B-52s down here if needed, Pomeroy said.

Because the repairs caused a closure of one of Luke's two runways, there has been an impact on flying operations.



Tech. Sgt. Michael Burns

**Chuck Robertson and Juan Estrada work Wednesday on Luke's outer runway as part of a contract to repair one of Luke's parallel runways.**

"The wing has set up a 'smooth flow' procedure consisting of windows for departures first, followed by arrivals," said Master Sgt. Robert Morton, 56th OSS air traffic control tower chief.

"The wing has incorporated a lot of training at Gila Bend Air Force Auxiliary Field and Luke Auxiliary Field No.1," Morton said. "This means that Luke is used for the (aircraft) departure and then return for a full stop on training missions. All of the syllabus training possible is done over Aux. No.1 and Gila Bend."

Luke aircraft are not the only ones affected by

contract workers are removing the concrete by way of a utility gate on Northern Avenue.

Contractors are setting up a concrete batch plant on base to improve operations, Pomeroy said. The plant will have one mixer, a 120-foot silo and all the raw materials to support the plant.

The contractor doing the cement work is a local, experienced company, the same one building the 101 Loop east of Luke, Pomeroy said. They will bring in a modern slip form that will electronically pour the concrete at 14 inches.

Contractors should complete the project by Nov. 30.

the temporary runway closure.

"We have restricted the number of transient aircraft coming here," Prince said. "We restricted them to keep them out of our airspace. We don't even want transient aircraft to stay the weekend because they will hamper our departures on Monday mornings."

Space shuttle support operations is another aspect affected by the closure.

"The space shuttle can't use Luke as its alternate landing site while the construction is going on," Prince said. "The construction is going on in the area where the shuttle is planned to park if it is diverted here."

However, the runway closure hasn't had the expected effect on flying hours, said Lt. Col. Chas Buchanan, 56th OSS current operations flight commander.

"The closure has changed our method of operations," Buchanan said. "The pilots have been doing a great job countering its (the runway closure) effects."

To assist in the construction process,

## Combined Federal Campaign begins Wednesday for Team Luke

The Combined Federal Campaign begins at Luke Wednesday with a kick-off breakfast buffet at 7 a.m. in the Desert Star Enlisted Club.

The breakfast is free to all CFC key workers. All others should contact their flight representatives.

The annual campaign gives federal employees the chance to donate to more than 1,500 local, national and international charities, including three Luke organizations: family services, youth services and the American Red Cross.

Maricopa County CFC officials would like to raise \$1.25 million.

Valley of the Sun United Way administers the campaign for federal agencies within Maricopa County.

As in past campaigns, Luke's goal is 100-percent contact, said Maj. Rich Phinney, Luke CFC project officer. This means not only giving Luke members a chance to donate, but also to educate them.

"People who are asked for donations should understand how their money will be spent," said Teri Erickson, United Way development associate. "Our goal is to educate people on the needs instead of just handing them a pledge card."

Phinney agreed.

"Our aim is to go beyond just 100-percent contact," Phinney said. "We want everyone, especially young officers and airmen new to the Air Force, to fully understand what the CFC is all about and what the agencies do."

To do this, one goal is to get everyone to at least one meeting with a Luke CFC key worker, United Way or a local agency, benefiting from the donations.

"Just seeing the good things these agencies do for many, many people and the positive impact they have on their lives, really highlights the importance of donating," Phinney said.

All local agencies and federations wanting to join the CFC, must provide an application to the local federal coordinating committee, Erickson said. Based on national criteria, the board decides which local agencies are eligible.

All agencies approved must be cost-effective, efficient and provide needed services in the community, Erickson said.

For those that want to make a charitable donation, but don't know where or how to donate, CFC is an easy way to give, Phinney said. Anyone wanting to donate can do so by payroll deduction, check or cash or by volunteering his or her time.

As in years past, two Luke volunteers have joined the campaign full time. Capt. Diane Todd and Master Sgt. Abel Perales are this year's loaned executives. They will help Valley of the Sun United Way staff educate Luke people about CFC and assist Luke and other federal agencies in the county plan and help conduct its campaigns.

For more CFC information and how to donate, contact unit key workers. (Courtesy of CFC)



Airman 1st Class Delvin Barnes

**Senior Airman Henry Davis (right) and Staff Sgt. Robert Anderson, 61st Fighter Squadron, troubleshoot a jet fuel starter system Aug. 5.**

## Wing cancels Saturday fly day

The 56th Fighter Wing does not fly Saturday as previously planned to meet its fiscal year 2000 sortie and flying hours obligations.

Saturday was slated to be the last of three Saturday work days, but was canceled Tuesday because the wing is on schedule to complete its flying obligations, said Col. Ed Kasl, 56th FW vice commander.

The wing made up 155 flying hours July 22, the first Saturday

work day, and 165 hours Aug. 5.

The wing needed to make up 1,100 flying hours by the end of September.

To get these hours, the wing planned to fly about 540 hours on Saturday work days with the rest made up during normal weekday operations.

The 21st and 425th Fighter Squadrons did not fly on Saturdays since they train foreign pilots and their flying hours are determined separately from the wing.



## Action Line



**Col. Steve Sargeant**  
**56th FW commander**

*The 56th Fighter Wing Commander's Action Line is your direct line to me. I get personally involved in every reply. Your ideas and concerns help build a stronger foundation on which we can successfully complete our mission and take care of our people.*

*Before you call the Action Line though, give Luke's professionals a chance to answer your question in*

*concert with your unit chain of command. If the appropriate expert is unable to provide a satisfactory response, call me at 856-7011 or send an e-mail to [command.actionline@luke.af.mil](mailto:command.actionline@luke.af.mil). Please include your name and telephone number so I can provide a personal reply to your concern. Together we can make Luke a better place to live and work.*

<b>Who to call:</b>	
<b>Fraud, waste and abuse hotline</b>	856-6149
<b>Base exchange</b>	935-4652
<b>Commissary</b>	935-3821
<b>Patient advocate</b>	856-9100
<b>Legal assistance</b>	856-6901
<b>Law enforcement desk</b>	856-5970
<b>Housing office</b>	856-7643
<b>Military pay</b>	856-7028
<b>MPF customer service</b>	856-7874
<b>Civil engineer customer service</b>	856-7231

### Canteen distribution

**Comment:** : I work in the 56th Component Repair Shop egress shop. My section and a couple other sections are having trouble getting CamelBak canteens. We were told you had authorized them, but we were told to wait. Now they are out of money. By the time they do have money, it is going to be winter time when we are not going to need them. Is there any way you could help us out?

**Response:** Thank you for your comments and concern for the well-being of yourself and fellow airmen. I am happy to report your request has been fulfilled. Maj. Richard Nelson, 56th CRS commander, bought canteens for all flightline workers in early July. At this time, all canteens have been received and issued to personnel. I am happy to see the commanders responsible for your well-being are proactive in providing supplies and equipment to facilitate the accomplishment of your daily duties.

e-mail:  
**[command.actionline@luke.af.mil](mailto:command.actionline@luke.af.mil)**  
or call,  
**856-7011**



## Sortie Scoreboard

### Fiscal year 2000 programmed flight training

	To date	Goal
Sorties flown	<b>33,213</b>	<b>37,902</b>
Flying hours	<b>44,390</b>	<b>49,803</b>
Pilot graduates	<b>724</b>	<b>876</b>
MRA graduates	<b>658</b>	<b>972</b>

**Luke people deployed:**  
AEF 7/8: **93**  
Others: **36**

## Retention

# Keeping airmen is crucial

**By Lt. Col. Jeffrey Corvey**  
*56th Communications Squadron commander*

Retention: Webster's defines it as the "... act of retaining or the ability to retain."

Other definitions include the "capacity to remember" and "the involuntary withholding of wastes." While these other definitions might be of great interest to some of us elder statesmen at Luke, it is the first definition that is the watchword for all Air Force senior leaders.

Our ability to retain airmen is crucial, and we're not doing as well as we would like. It's easy to blame the strong economy and lament the disparity of the pay scales, but as the 56th Communications Squadron retention officer, I can't waste time fretting about issues beyond my control.

If you're going to lose airmen to the private sector, trying to use a 5-percent pay raise as your sole incentive is a losing argument. We often miss the boat when we try to retain airmen because it degenerates to a bunch of factors at which we are at a disadvantage.

So, where do we have an advantage in competing for young airman, or even older ones? It is the warrior culture and our mission that will allow us to retain the best and brightest. It is in the unique lifestyle and the fact that, when we walk down Main Street America wearing the uniform, we command respect that makes us special.

I grew up in the Air Force and never thought I would end up serving. As a young adult, I worked in the old morale, welfare and recreation system and was generally happy, but what enticed me to join was I finally got the sense of mission and teamwork, which is the hallmark of a successful military organization.

I wanted to belong to that military team. Unfortunately, in today's Air Force we spend too much of our retention energy discussing benefits. We should exploit our differences, and I offer a few examples:

- ♦Squadron, group, wing activities and community service
- ♦Physical training programs, sports, intramurals and any services squadron special programs
- ♦We work a seven-day week — but don't forget the

corollary — we aren't watching the time clock and if someone needs time, we give it to them

- ♦Worldwide service commitment
- ♦Sense of family and caring for the whole team
- ♦The teamwork experienced during an operational readiness inspection, a deployment or any large project
- ♦Profession of arms

Unfortunately, many heritage items we "old-timers" revel in have been diminished by 1990s reorganization, the quality Air Force re-engineering of our processes and just dynamic society changes.

Many worry the current generation will see no cultural link to our past. I have a couple of children, so I see the differences firsthand, but I also know my generation was far different from my father's. I see the profession of arms as a "universal truth" and if we exploit our differences, we can have that team everyone wants to be on.

I was blessed a few years ago to deploy as the communications deputy at Operation Southern Watch for a 90-day stint. While I missed my family, close linkage to the Air Force mission and the camaraderie was a life experience. AEF's will offer more airmen experience and if they are truly "Air Force Blue" then this too will recharge their commitment.

"Duty, honor, country" or "Air Force core values" are icons trying to capture our service culture. Are we fulfilling that Air Force cultural heritage in our daily business? Spend time with the airmen and live that heritage and we will retain the right folks.

If you have to choose between paperwork and a "bull session" with young troops, I think you know the important answer. Paperwork and e-mail can usually wait.

Senior leadership works the benefit side of the equation, while we preserve the cultural side. Hardly a day goes by I don't point out to an airman "well, you wouldn't be doing that for Microsoft," whether it's playing squadron sports, attending professional military education or leading other airmen to install a new network.

If we get the troops to reflect on the finer points of military service, we will reach and retain the warriors.

# Treat those getting out well

**By Master Sgt. Joseph Bulmahn**

*Royal Air Force Lakenheath, United Kingdom*

I got an e-mail the other day from one of my troops who left the Air Force last year. Ben was an outstanding airman in every sense of the word. He served his country honorably for four years and had a work ethic I sincerely admired.

His reason for leaving was simple; his father owned a construction business and was going to pay him substantially more than his senior airman pay. He did not particularly dislike the Air Force, he just had what he felt was a better offer.

I respected him and was very supportive of his decision. I made sure he knew all the opportunities and benefits of staying in, but in the end it was his decision.

What was interesting about the e-mail was that he was asking about the Air Force Reserve. He wanted to know what I knew about it and my opinion. I was a little surprised that less than a year after getting out, he wanted back in.

I reflected on this for a while and thought about the current military

recruitment and retention problem. I also wondered how many young people Ben had spoken to concerning the Air Force since he returned home.

I suddenly realized the enormous impact those leaving the service have on our recruitment. Ben is 23 and has siblings, friends and acquaintances in their late teens and 20s. The Air Force wants us all to be recruiters. I bet Ben knows more prospects than I do as a 34-year-old stationed overseas. Whether we acknowledge it or not, those who leave the force can be our best recruiters or our worst nightmare.

My recruiter was my dad. When I was a child, dad spoke fondly about his four years in the Air Force. He had so many exciting experiences and I loved listening to his stories. He was the one man I respected and trusted most, so I hung on to every one of his words. Well into his 50s, Dad still remembers supervisors and co-workers from his late teens.

Because of his influence and attitude toward the Air Force, I was destined to enlist. I even ran around in his old cotton fatigue shirt until I was about 12. He didn't know it or intend it at the

time, but he was my recruiter.

Why do we treat those who choose to leave as second-class citizens? Supervisors don't usually take the time to write departing troops medals, even when they were exceptional performers. Often when we do, someone up the chain questions why we bothered. We immediately shift our attention to the airmen who stay. Those are the ones we need to develop and take care of, right? We also stop caring about those getting out as they get closer to leaving.

I didn't do that with Ben. We still keep in touch and I still care about his well-being and future. I am confident because of how I treated him; Ben is someone else's recruiter and may not even know it.

Thousands of young Americans choose to enter the Air Force, serve honorably and complete their commitment. Despite our best efforts to retain them, many will elect to leave after four years. Let's start treating them as alumni, not deserters. Remember, these airmen may become future guardsman, reservists, officers or may return to the active-duty force. At a minimum, they can be our best recruiters. Let's never forget that.

#### Editorial information

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## Showing off ...



Airman 1st Class Julie Simmons

Joshua, John and Cheri Sheffield watch Saturday as Airman 1st Class Chris Clark and Staff Sgt. Paul Smith, 56th Security Forces Squadron, show them an M-16 rifle as part of Arizona Airborne Day sponsored by the Arizona Airborne Association at the Arizona Veteran's Memorial Coliseum in Phoenix.

# OTS: NCOs join officer corps

By 1st Lt. Miki Kristina Krejcarek  
56th Fighter Wing Public Affairs

Two Luke NCOs were recently selected to attend Officer Training School at Maxwell Air Force Base, Ala. Staff Sgt. Jack Dickenson, 56th Comptroller Squadron, and Tech. Sgt. Anthony Lakin, 56th Equipment Maintenance Squadron, were selected to attend the three-month school. OTS is a commissioning program that trains enlisted members and college graduates to become Air Force officers.



Lakin

Although the NCOs shared the same goals, they took different routes to get there. Lakin received a bachelor's degree in computer science via the Bootstrap program. This avenue lets airmen attend college full-time on permissive temporary duty status, pending they complete degree requirements within one year.

Dickenson directly applied for OTS even though he completed his bachelor's degree in management in December.

Experiencing the same dedication and persistence to fulfill their goals, Dickenson and Lakin are just steps away from pinning on their gold bars.

Dickenson, an accounting technician responsible for management and certification of funding documents for wing organizations, decided to join the officer ranks about two years ago. He will remain in the finance career field.

Thinking about becoming an officer actually prompted Dickenson to pursue his bachelor's degree.

"Basically, I went to the education briefings and followed the lead of Jackie Smith, (56th Mission Support Squadron education services)," he said. "My motivation is that later I want to be involved with politics, so I thought it would be a great platform for progression."

He said becoming a second lieutenant will definitely

be challenging, but his supervisor said Dickenson is ready to take on officership.

"He has a very positive attitude and has been a bonus to every office he has worked in," said Master Sgt. William Maynard, 56th CPTS accounting liaison office NCO in charge. "In a time of need and expertise, he is ready to fill the bill."

Lakin is also going to make a great officer, said Master Sgt. Franklin Bruner, 56th EMS armament flight support section NCO in charge. "He's dedicated, hardworking and he knows how to take care of his troops."

Lakin, armament flight support section chief assistant, maintains requisitions and controls parts required to maintain the F-16's mission equipment and gun systems.

After his commander told him he had been chosen, Lakin said he couldn't help but feel a broad spectrum of emotions. He said becoming an officer is the next new challenge of his life.

"I think it will be a little more challenging, but I think my 11 years of enlisted time will help me," Lakin said. "Sometimes you get tunnel vision, but it's important to keep your mind open."

Regardless of his enlisted experience with seven of those as a supervisor, Lakin said the most important thing is listening to your people.

"There are a lot of individuals out there with creative ideas, and its best not to be caught in the old paradigm of the way things used to be," he said.

Lakin is slated for the communications and computer systems field upon his commission.

Although applying for the OTS program may seem difficult, Lakin said not to give up.

"It's a lot of hard work," he said, "but don't give that up because it is an attainable goal."

For more information about OTS and Bootstrap programs, call Smith at 856-7722.



Dickenson

## News Briefs

### EEO closure

The equal employment opportunity office closes Tuesday for training purposes. For assistance during this time, call 856-7113 and leave a message.

### AF Ball fundraisers

♦A burger burn is today from 11 a.m. to 1 p.m. at the 308th Fighter Squadron and 56th Equipment Maintenance Squadron wheel and tire shop. The \$4 cost includes a burger, chips and soda.

♦A 56th Fighter Wing Air Force Ball nine-hole golf tournament is Sept. 8 at 7 p.m. at the Falcon Dunes Golf Course. The first 18 four-person teams to register by the Sept. 4 deadline will play in the select-shot scramble. The \$45 cost per player includes cart, greens fees, moonlight golf equipment, range balls and prizes. For more information or to register, call 1st Lt. Jay Hennette at 856-4445.

All fund-raising proceeds offset the price of tickets for the Air Force Ball Sept. 16 at 6 p.m. at the Glendale Civic Center, 5750 W. Glenn Drive. Tickets may be purchased through first sergeants.

### Retirement ceremony

A retirement ceremony is Sept. 1 at 3 p.m. at the Desert Star Enlisted Club for Tech. Sgt. Michael Pollack, 56th Supply Squadron NCO in charge of the repair cycle station. A reception follows.

### 56th CS work order deadline

The 56th Communications Squadron will not accept work orders for any type of communications work after Sept. 1 due to end-of-fiscal-year reporting and reconciliation requirements. Emergency work orders are accepted only if mission failure will occur without the work being accomplished and the requesting squadron commander certifies it.

### Air Force Ball child care

The child development center is open Sept. 16 from 5:45 p.m. to 12:30 a.m. for Air Force Ball attendees. A \$6 registration fee applied toward child care costs is required by Sept. 14. For more information, call 856-6339.

### Trash, recycling pick up

Trash and recycling pick up and disposal are contracted services at Luke. Services are monitored by customer complaints and periodic 56th Civil Engineer Squadron surveillance. For more information, call Rodney Bartling at 856-4434.

### Command chief needed

The 14th Flying Training Wing, Columbus Air Force Base, Miss., seeks a command chief master sergeant. The reporting date is Sept. 30, but applications are due today. For more information, call DSN 742-7005.

### Gas mask validation

People issued protective gas masks under the Gas Mask Quantitative Fit Test program need to validate their mobility status with the 56th Supply Squadron mobility section by Sept. 15. People no longer assigned to a primary mobility position must return their masks; people still assigned must report to the mobility section to validate their hand receipt; and people recently assigned to a mobility position must report to the section to receive masks and schedule a fit with the 56th Medical Group bioenvironmental engineering flight. For more information, call Cleam Coleman at 856-6783.

## Thunderbolt Pilot of the Week

**Name:** Capt. Doug "Cinco" Demaio, 21st Fighter Squadron instructor pilot and standardization and evaluation chief

**Hometown:** Mendham, N.J.

**Years service:** Nine

**Family:** Wife, Bobbi, and no children — yet!

**Education:** U.S. Air Force Academy, Colorado Springs, Colo.

**Previous assignments:** Sheppard Air Force Base, Texas; Kunsan Air Base, Republic of Korea; and Hill Air Force Base, Utah

**Goals:** To be the best husband and father I can be and to fly the F-16 as long as I can

**Greatest feat:** Marrying well above myself!

**Commander's comment:** "Cinco plays a key role as flight examiner and stan/eval chief for the Gamblers," said Lt. Col. Walter Grace, 21st FS commander. "He is an outstanding fighter pilot and a great American!"



Demaio

## Justice Report

The following nonjudicial actions occurred at Luke between Aug. 7 and 11.

♦A lieutenant colonel received an Article 15 for failing to obey a lawful general regulation. In addition, he received forfeiture of \$2,718 pay for two months and a reprimand.

♦An airman first class received an Article 15 for failure to go. In addition, he received a suspended reduction to airman, 30 days extra duty and a reprimand.

♦An airman first class received an Article 15 for providing alcohol to underage individuals and drinking in a training dormitory. He also received a suspended reduction to airman, forfeiture of \$125 pay for two months and a reprimand.



# Sharing the mission ...



Airman 1st Class Julie Simmons

*Col. Ed Kasl, 56th Fighter Wing vice commander, explains the F-16 and the wing's training mission Aug. 10 to Fred Coulson, Sun City Property Owners and Residents Association treasurer, during a visit.*

## Court-martial

# Airman gets punishment for larceny, being AWOL

**By Senior Airman Jennifer Dixon**  
*56th Fighter Wing Public Affairs*

A Luke airman was convicted Aug. 8 on one count of larceny, three counts of giving false official statements and one count of being absent without leave.

Airman Eric Franklin, 309th Fighter Squadron, was reduced to E-1, forfeited \$670 for one month and received 30 days confinement, which began immediately following sentencing.

Franklin was charged with stealing a digital video disc player from his unit; forging two AETC Forms 1259, "Quarters Authorization;" and falsely telling his first sergeant that he had been put on quarters.

"This wasn't a clear-cut case," said Capt. Mark Trujillo, 56th Fighter Wing staff judge advocate chief of civil law and trial counsel. "Even though he pleaded guilty, there were a lot of other issues the members (of the jury) took into account. We still had to paint a picture for the members."

Even though Franklin pleaded guilty to all charges, testimonies of witnesses during the two-day trial were used to determine his punishment.

Franklin had been in constant trouble with his unit for being late to work and taking extended lunches and breaks, Trujillo said. His supervisors and commander had tried everything,

including verbal counseling, letters of reprimand and an Article 15, to rehabilitate Franklin.

Trujillo said the unit had exhausted all other avenues, so leadership had been making Franklin pull extra duty. As part of deliberations, the jury members had to determine if that was considered pretrial punishment.

"We felt it was important for the members to understand all he was doing and a paper trial just wouldn't give enough magnitude to everything that was going on," Trujillo said.

The larceny charges were already pending when the false official statement charges were brought to light, Trujillo said.

Trujillo added Franklin submitted a quarters authorization slip to his section commander and the following day submitted another to his first sergeant. The first sergeant gave a copy to the section commander who noticed similarities to the first slip.

After comparison, the section commander called the judge advocate's office to report the two forgeries. Franklin confessed when security forces initiated an investigation.

"Theft of any kind, especially from the unit, and lying to your supervisors is not going to be tolerated," Trujillo said.

After Franklin is released from confinement, he will return to the 309th FS and face possible discharge proceedings.

# Suicide prevention: Know warning signs, how to help

Because of the recent suicide of a Luke airman, base leaders want to raise suicide prevention awareness and remind everyone of the warning signs.

Suicide ranked as one of the top three leading causes of death in the Air Force during the 1990s. Suicide is not only a needless, tragic loss of life; it's also disruptive to surviving military members and has a direct impact on the mission, states AETC pamphlet 44-102, "A Suicide Prevention and Intervention Guide for Supervisory Personnel," said Capt. Mark Martello, 56th Medical Operations Squadron clinical social worker.

Almost half of active-duty suicide victims communicate their intention to kill themselves directly and indirectly. Therefore, all suicide threats should be taken seriously.

There is no typical suicidal person, but there are common warning signs. For example, a suicidal person may:

- Talk about committing suicide
- Display or experience drastic changes in behavior
- Withdraw from friends
- Lose interest in hobbies, work, school, etc.
- Prepare for death by making final arrangements
- Give away prized possessions
- Have attempted suicide before

- Take unnecessary risks
- Have had a recent or severe loss
- Be preoccupied with death and dying
- Lose interest in personal appearance
- Increase use of alcohol or other drugs

A person noticing someone displaying these signs should seek help from a commander, first sergeant, chaplain, mental health professional or the family support center.

People can help by being good listeners and validating the person's feelings without moralizing or judging. Don't use romantic language like "ending it all" or "doing away with yourself." Instead, use real language like "killing yourself," Martello said. Be direct, but use tact. People shouldn't be afraid to tell the person they care about them.

When a person exhibits suicidal signs, people should ask a general question like, "Have you been depressed lately?" Then build up to "Do you have a plan to hurt yourself?" To even "Do you intend to hurt yourself?" Martello said.

People with these problems are not necessarily destined for suicide. A feeling of hopelessness or belief there is no solution to a problem can push them over the edge, according to the "Promotion Fitness Examination Study Guide."

In addition, studies of active-duty suicides have shown

a clustering effect, according to the PFE.

"The clustering effect is not well understood," Martello said. "However, we think there are a number of people in any community at any given time who are at a higher risk for committing suicide. If they see someone else do it, they may start to see suicide as a viable solution."

People commonly fear visiting mental health because they think it will hurt their careers, Martello said. The reality is about 97 percent of active-duty people seen by mental health experience no adverse effect on their career.

People who face negative effects have done so due to work behavior, it's not due to mental health visits, Martello said.

People should not fear what is said during mental health visits will be shared with others.

"In military mental health clinics there is a limit to confidentiality," Martello said. "However, we do everything we can so only those with a right to know and a need to know have access to a person's mental health record."

People thinking about suicide need help. If they say they intend to commit suicide, they need help immediately.

For more information on suicide prevention or for help, call mental health at 856-7579. *(Courtesy of mental health)*

## Wing Warrior

*This column recognizes Team Luke members' contributions to wartime readiness in the tradition of 2nd Lt. Frank Luke.*

**Name:** Chief Master Sgt. Samuel Cannon, 56th Component Repair Squadron propulsion flight superintendent  
**Hometown:** Niceville, Fla.  
**Years service:** 23 years next month  
**Family:** Wife, Karel  
**Education:** Bachelor's degree in management from Park College and two associate's degrees  
**Inspirations:** Our airmen, NCOs and officers who want to keep this the best Air Force in the world. Propulsion flight people are the best professionals I've ever worked with and they are the true "wing warriors!"  
**Greatest feat:** Being part of the F-22 jet engine development program and watching its first successful test flight  
**Famous last words:** Are we doing the right things and meeting the intent of the enlisted force structure?  
**Off duty:** Playing golf and spending time with my grandchildren  
**Commander's comments:** "Chief Cannon is doing fantastic things for Team Luke in the engine shop. I can't say enough about the contribution this senior NCO is making to Luke's mission," said Col. Steve Sargeant, 56th Fighter Wing commander. "There's no telling where we'd be if he didn't step up to the plate day in and day out to 'get it done.'"



Cannon

## Luke's Spirit

*Col. Steve Sargeant, 56th Fighter Wing commander, uses this column to recognize Team Luke members' outstanding customer service.*

**Name:** Senior Airman Melanie Lewis, 56th Medical Operations Squadron cancer screening prevention specialist  
**Hometown:** Princeton, La.  
**Years service:** Three  
**Family:** Husband, Frederick, and son, Dorian  
**Previous assignments:** Luke Air Force Base is my first assignment  
**Inspirations:** My family  
**Goals:** Finish my bachelor's degree  
**Greatest feat:** My son Dorian  
**Off duty:** Shopping and spending time with my family and friends  
**Bad habits:** Not drinking enough water  
**Commander's comments:** "She totally embodies the customer service ethic I expect from all Team Luke members," Sargeant said. "She was there during my indoctrination and she always has a great attitude."



Lewis



# AETC creates TRICARE patient advocates

## 56th MDG Hospital provides assistant to aid in bill hassles

By Maj. Regina Kelker

AETC Public Affairs

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)** – Each AETC military treatment facility, including Luke's 56th Medical Group Hospital, has a debt collection assistance officer to help TRICARE-eligible beneficiaries resolve medical and dental claims problems.

The positions were created when Bernard Rostker, undersecretary of defense for personnel and readiness, recently asked the service secretaries to create single points of contact in each military treatment facility and TRICARE lead agent office to help alleviate individual debt and the "stress" of the payment process.

"Readiness is reduced if the member has to take time off from work during the process," Rostker said. "We owe it to our service members and the nation to shoulder far more of this burden when the debt arises due to no fault of the member."

In practical terms, the collections officer is a troubleshooter or advocate who goes into action when someone receives a collection notice, said Sandy Schneeberger, AETC patient administration manager.

"The debt collection officer is there



Airman 1st Class Julie Simmons

***Tech. Sgt. Bart Scherack is the 56th Medical Group Hospital's debt collection assistance officer. The position was created to help TRICARE-eligible beneficiaries resolve medical and dental claims problems.***

to assist once the sponsor or patient gets a collection notice from a collection agency that a claim or bill has not been paid and the provider is trying to collect from the patient," Scheenberger said. "Then the debt collection officer is to pursue that, get all information and to work it to its finalization."

The collection officers can help resolve collection notices, but help is available before bills go to collection,

said 1st Lt. Natalie Sutto, AETC managed care and patient administration deputy chief.

"Acting quickly is important to resolving debt collection issues," Sutto said.

Sutto said the officers will do everything possible to help with collection notices. However, she said there are also customer claims persons, called beneficiary counseling and assistance coordinators, or BCACs,

willing to help people before their debts ever go to a collection agency.

"The key is, don't wait until you get a letter from a collection agency," Sutto said.

Schneeberger agrees early intervention is crucial.

"One of the things we try to stress is, if you have a problem, don't let it go past three months, please check with somebody," Schneeberger said.

"If for some reason you get a collection notice, debt collection officers have avenues to help alleviate problems," Scheeberger said.

This includes working with the TRICARE management activity, notifying the health provider that the managed care contractor and TMA are looking into the issue and to please wait until they can find a resolution, and providing documents the member can use to address bad credit reports.

"Each case varies, but according to our guidance, they are supposed to have some type of known resolution within 30 days," Schneeberger said.

Luke's collections officer is Tech. Sgt. Bart Scherack. His phone number is 856-3372 and his fax number is 856-9411. Luke's beneficiary counseling and assistance coordinator is Tech. Sgt. Dan Borkowski. Borkowski can be reached through the customer service desk at 856-9100.

For more information, visit the Military Health System TRICARE Web site at <http://www.tricare.osd.mil>.



# AAFES includes customers in Firestone recall

**DALLAS (AFPN)** — Army and Air Force Exchange Service has some answers about the recent Bridgestone and Firestone voluntary tire recall and wants military customers to be in the know.

The manufacturer will replace free of charge an estimated 6.5 million ATX, ATX II and Wilderness AT all-terrain tires.

After persistent contact with Bridgestone and Firestone to clarify just how the military customer fits into the recall equation, AAFES is issuing the following guidelines to ensure customers take full advantage with minimal inconvenience.

AAFES customers who purchased their tires elsewhere should note the exchange service will take back any eligible

customer's tires meeting the Firestone recall criteria, regardless of the original purchase location.

Military customers at any Autopride Car Care facility are authorized credit equal to the AAFES retail price of a recalled tire. This may be applied to a new Firestone tire or any other brand.

Any difference between the credited amount and the sale price of the replacement tire, or tires, will be the responsibility of the customer. Likewise, if the customer selects a tire with a sale price less than that of their recalled tire, AAFES will refund the difference and seek reimbursement from Firestone, rather than leaving it to the customer.

The replacement tires must be the same size, type, load range and tread design. Mounting and balancing is also provided at no charge. In addition, transfer of an AAFES road hazard warranty to any recall-replaced tires is free.

Customers not sure if their tires are subject to recall and those that suspect they have defective tires not subject to recall can bring them by any AAFES Autopride service facility for a free inspection and possible replacement or prorated exchange if warranted.

Customers with technical questions best addressed by the manufacturer are encouraged to contact Firestone directly at (800) 465-1904.

AAFES, which stopped selling the problem tires even before Firestone's announcement, is taking steps to ensure the recalled tires are completely removed from its inventory.

The decision to recall the tires came after a meeting between officials of Bridgestone Corp., the Japanese owner of Firestone; Ford Motor Co., whose Explorer is equipped with the tires; and the National Highway Traffic Safety Administration. Overall, about 47 million of the tires have been sold. The ATX models have been on the market for more than a decade and the Wilderness model since 1996. *(Courtesy of AAFES Public Affairs)*

# Chief of staff approves 19 uniform changes

**WASHINGTON (AFPN)** — Development of an optional polyester uniform for people sensitive to wool and an athletic cut uniform for body builders were some of the uniform changes recommended Aug. 10 by the 95th Air Force Uniform Board and approved by Gen. Michael Ryan, Air Force chief of staff.

Nineteen recommendations were approved, 47 were disapproved, 10 were referred for additional study and eight were addressed, but require further staffing.

Some changes require uniform design modification, development and testing, and evaluation by senior leadership before they can be implemented.

The following recommendations were approved by the chief of staff. Implementation guidance is pending.

- ♦ Standardization of the all-weather coat by removing the gun-flap on the current issued coat
- ♦ Requirement to wear all ribbons, including devices, when wearing ribbons
- ♦ Adding tabs to the maternity jumper
- ♦ Resizing female officer mess dress shoulder boards
- ♦ Making the Gore-Tex parka avail-

able in military clothing sales stores as an optional item

- ♦ Wear of flight gear authorized for Phoenix Raven personnel
- ♦ Development of an optional 100-percent acrylic or an acrylic and wool blend pullover sweater
- ♦ Development of badges proportioned between the miniature and regular sized badges
- ♦ Development of an optional polyester uniform for people sensitive to wool
- ♦ Development of an athletic cut uniform
- ♦ Investigate a fire-resistance uniform for firefighters
- ♦ Changing language in Air Force Instruction 39-2903 to read: Fingernail length must not interfere with duty performance or hinder proper fit of prescribed safety equipment or uniform items
- ♦ Attache cases, gym bags, backpacks and women's purses may be carried in either hand as long as they do not interfere with rendering proper military courtesies
- ♦ When supplies run out, the women's handbag will no longer be issued in basic training

- ♦ Plain dark blue or black ropes, silver or plastic small-link chain and clear plastic chain attachments may be worn for access badges

- ♦ Centering excellence-in-competition badges on the welt pocket of the service dress jacket

- ♦ Pharmacy technician certification badges may be worn on the white utility uniform one-half inch above the nametag

- ♦ CamelBak water containers may be worn as part of the hot weather uniform

- ♦ Improve alignment of women's tie tab with collar

Items referred for additional study are:

- ♦ Use of the same non roll elastic in the maternity blue pants is used in the maternity BDU pants
- ♦ Resizing women's tall-sized uniforms
- ♦ Resizing tall-sized mess dress uniforms
- ♦ Develop brown or black thermal underwear to be worn with BDUs
- ♦ Upgrade Air Force BDU cap
- ♦ Increasing the circumference of maternity BDU sleeve by 2 inches
- ♦ Redesign the maternity BDU slacks by either adding an adjustable draw-

string or adjustable shoulder straps

- ♦ Review optional purses available through the Army and Air Force Exchange

- ♦ Review Space Service and Missile badge

- ♦ Review sleeveless BDU shirt and shorts

Items were addressed by the uniform board, but require further staffing:

- ♦ Standardize food service uniforms Air Force-wide
- ♦ Removal of the cloth tape bearing the words special agent for Air Force Office of Special Investigations members and add a subdued U.S. collar insignia
- ♦ Redesign of the combat weather team beret device
- ♦ Allowing inconspicuous and conservative brand names on the temple piece or arm of eyeglasses and sunglasses
- ♦ Enlisted rank on BDU headgear
- ♦ Allowing for the permanent wear of U.S. Army Ranger tab or patch
- ♦ Allowing wear of the U.S. Army Air Assault functional badge
- ♦ Making wear of the occupational badge mandatory on the service dress.



# Modernization

## Air Force secretary evaluates base infrastructure

By Staff Sgt. Cynthia Miller  
*Air Force Print News*

**WASHINGTON** — Keeping base infrastructure in line with the modernization of Air Force weapons systems and quality-of-life initiatives is the focus of a study examining day-to-day operations of Air Force bases worldwide.

The Next Generation Installation Study, part of Air Force Secretary Whit Peters' vision of aerospace integration, evaluates future base investment requirements by analyzing existing bases and their missions, environmental factors and relationships with local communities, Air Force officials said.

"The Air Force has developed long-term investment plans for acquiring weapons systems but does not have a comparable process for infrastructure," said Jimmy Dishner, deputy assistant secretary of the Air Force for installations.

"NGI will give commanders the details they need to make adjustments (to base infrastructure) through consolidations," Dishner said.

"For years, we've looked upon our installations as closed environments," he said. "NGI will look through

the prism of where we live, work and play to make sure that, as we look out to 2020 we will have a sense of community for our people, and, as opportunities come up for outsourcing, that we do it in a logical, business-like manner."

The cost of maintaining current bases is one of the driving forces behind the study.

"The Air Force has 160,000 homes that require upgrading to meet modern housing standards," Dishner said. "We cannot fund those (upgrades) with all the modernization items (F-22, CV-22, Joint Strike Fighter) we need to (fund); there's just not enough dollars to go around. It makes sense for us, as good business people, to see if there's a better way we can lay those costs off and let someone else own, operate and maintain our houses."

To help gain an accurate picture of current Air Force base infrastructure, the NGI study will examine the joint use of land, ranges and air space; encroachment on bases by civilian development; environmental lawsuits; privatization; force protection; and the move toward the aerospace expeditionary force.

The results will describe the "as is" condition of current bases and provide a template to be used for mak-

ing future mission basing decisions.

The study, which is scheduled to be completed in 2001, is being conducted in four phases. The first phase, which began in July, assembles the "as is" picture of current base infrastructures to establish a baseline from which the study can begin.

The second phase will research the laws, taskings, regulations and mandates pertaining to the operation of Air Force bases, while the third phase will develop a matrix of base categories and groupings and develop "best practice" mission support modules and recommendations.

The fourth phase will consolidate data gathered in the first three phases into a web-accessible product to be used as a template for future base and mission planning.

"The current decision-making process uses business practices that have served well in the past, but do not take advantage of newer management techniques," Dishner said. "We often find that decisions made today could have been made better had a piece of information which was available, but unknown, been included in the decision-making process. NGI will provide that information."

# DOD, VA streamline disability claims process

**WASHINGTON (AFPN)** — A jointly sponsored Department of Defense and Department of Veterans Affairs initiative is helping service members to file for and receive VA service-connected disability compensation benefits more quickly than in the past.

The VA's Pre-Discharge Project, which began with a test in 1995, was established to provide transition assistance and continuity of care to retiring or medically seperating service members. Military personnel can now complete claims development and physical examinations prior to discharge and reduce the average number of days necessary to process a claim.

"We wanted to assist these members by getting them examined prior to discharge, and also have those examinations conducted under the VA disability examination protocols," said Bill Lanson, Veterans Benefits Administration pre-discharge program project manager. "In this way, the service member isn't lost between the two systems."

Prior to 1995, all military personnel had to deal with the system's inefficiencies as they transitioned from military to civilian life. The VA accepted an individual's claim after they left the service. It often took months to secure records from the National Personnel Records Center in St. Louis and then additional months to rate their claim.

"Many times treatment was interrupted because records were lost transitioning from one organization to another," said Dr. Michael Kilpatrick, deputy director of medical outreach and issues in the Defense Department's special assistant's office for Gulf War illnesses.

"The new program is really a major step forward in the Department of Defense and Department of Veter-

ans Affairs relationship," Kilpatrick said. "They are now focusing on the individual with the single purpose of making it easy to receive the proper attention, counseling and advice at a very stressful time in a service member's life."

Although the Navy and the Marine Corps mandated a separation exam prior to the new initiative, there were problems with matching VA requirements for disability evaluations.

Lanson said he conducted a study in 1994 of the Navy and Marine Corps' separation exams and found that while they met the services' needs for a separation physical, 75 percent of the exams' findings were insufficient for the purpose of disability ratings. Often the diagnosis or findings were not in line with the requirements of the VA rating schedule, he said. Lanson explained that the VA needed an exam that followed the findings of the rating schedule so that the veterans didn't need to be called back after discharge.

The examinations are conducted either by VA medical centers, DOD examiners or VA contract medical examiners.

"The goal of the new predischage program is to adjudicate claims within 30 days of the date of discharge," said Lanson. "If we find that someone is disabled, the proposed rating can be provided to the Vocational Rehabilitation and Employment staff, which can initiate the appropriate services in a timely manner."

Efforts to simplify the system began in 1994 when the Veterans Benefits Administration, the Veterans Health Administration and the U.S. Army jointly initiated separation examination pilot tests at Fort Lewis, Wash.; Fort Hood, Texas, and Fort Knox, Ky. Results

indicated that the VA and the Army could successfully perform a combined physical examination that would be useful to the VA and the Defense Department purposes.

The VA and the DOD finalized a memorandum of understanding in May 1998 for the completion of a single separation physical examination that would improve program efficiencies and service.

Today, there are 31 VA regional offices in 28 states and there are 70 military installations actively participating in the predischage program, including 17 Army, 24 Navy, 22 Air Force, three Marine and four Coast Guard sites.

Lanson said there are several ways a service member may become aware of the program. Notification is often provided through military publications and the Transition Assistance Program where a service member — at a period of time prior to discharge from the service — is briefed about his or her VA benefits and other services available to smooth the transition to civilian life. Each of the service branches has issued instructions for separating service members to complete a DD Form 2697 and to indicate if they have a desire to claim VA benefits, he said.

The predischage claims development, examinations and ratings initiative is organized locally through negotiations and memorandums of understanding between VA regional benefits offices, VA medical centers and DOD facilities.

At 25 of the 70 military locations, VA personnel are located at or near the military installation to register claims and perform the rating work.

"There has to be leeway for local circumstances," Lanson said. "That's why much of the program has been developed at the local level through agreements that fit the local circumstances for both the VA and DOD."

"For many years the VA and DOD were really at arm's length with each other. The more we cooperate and become aware of our processes the better off the service member is," Lanson said. *(Courtesy of the Office of the Special Assistant for Gulf War Illnesses Public Affairs)*

***"... much of the program has been developed at the local level through agreements that fit the local circumstances for both the VA and DOD."***

**Bill Lanson**  
Veterans Benefits Administration  
pre-discharge program project manager



Education benefits

# Service members don't use available funds

By **Gerry J. Gilmore**  
*American Forces Press Service*

**WASHINGTON (AFPN)** — Can you imagine turning down \$20,000 in education benefits — especially if you paid for it in advance with cold cash and sweat equity?

Half of all service members eligible for Montgomery GI Bill benefits regularly do just that, according to Department of Veterans Affairs officials. Service members qualify for the Montgomery GI bill benefits by contributing a

nonrefundable \$100 per month throughout their first year of active service and successfully completing an active-duty “hitch.”

Walking away from the benefit is a waste of great investment, VA officials said. At the current \$536 monthly benefit for 36 months of full-time schooling, the GI Bill pays \$16 for every \$1 members must invest, according to Dennis Douglas, VA deputy director for education services.

He and other VA officials stressed GI Bill benefits do not have to be paid

back, unlike student loans.

Recent changes to the Montgomery GI Bill make it even better, said VA spokesman Terry Jemison. The program, he said, now pays the cost of some preparatory courses for college and graduate school entrance exams. Eligibility has also been expanded to some officer training school graduates and surviving spouses.

Proposals now under consideration before Congress would increase monthly payments, Jemison added.

The education benefit provides many

military men and women with education opportunities that otherwise might not be available, Jemison said.

“We owe them, I believe,” Douglas said. “It really is an opportunity for us to honor them for what they did for this nation.”

More information on the program can be found at the GI Bill Web site maintained by the VA. The Web site offers detailed information, application forms and frequently asked questions covering the Montgomery GI Bill, earlier GI Bills and other VA educational programs.

# Cohen warns against long-range missiles

By **Jim Garamone**  
*American Forces Press Service*

**WASHINGTON (AFPN)** — A limited national missile defense would prevent nuclear blackmail against the United States and could “enhance deterrence and improve stability,” Defense Secretary William Cohen recently said.

Cohen, testifying before the Senate Armed Services Committee, said the proliferation of long-range ballistic missiles and weapons of mass destruction are increasing challenges to U.S. national security.

“Our goal,” he said, “is to provide protection to the American people against irresponsible nations, to prevent them from putting the United States in a position of being blackmailed and precluding us from taking action to defend our own national security interests.”

He said the threat these weapons pose is “substantial,” and that even the Russians have admitted this. He said Iran, Iraq and Libya are working on building long-range capability.

He also said that while the United States is encouraged by the results of the recent summit of North and South Korea, “one summit doesn’t change a tiger into a domestic cat.”

Cohen said the United States needs to see actions from North Korea and

not just words. They have tested an intercontinental-range missile and could build more, he said.

Cohen is reviewing the program and will make a recommendation to President Clinton on whether to proceed with the limited National Missile Defense program. Intelligence officials see the ICBM threat from “states of concern” emerging by 2005. For a defense system to be in place by then, construction must begin this year.

Of the last three tests of the land-based system, only one was successful. Cohen said he is taking this into consideration as he prepares his recommendation to the president. He said the system now is “possible” rather than feasible.

“You ... would want to have something that ... you can reliably count on to work,” he said.

The estimated \$20.3 billion cost of the National Missile Defense system through fiscal year 2007 would cover 100 interceptors and radars in Alaska, Britain and Greenland. Of that cost, \$5.7 billion was appropriated prior to FY 2001.

Cohen noted that having radars in Britain and Greenland make it imperative to have allied cooperation. He told the senators he is working with his counterparts and is discussing the threat and the NMD response.

Additional duty first sergeants

## Symposium defines job

By **Judith Crow**  
*Air University Public Affairs*

**MAXWELL AIR FORCE BASE, Ala. (AETCNS)** —Even though there may not be enough enlisted members in a unit to warrant a diamond-wearing first sergeant, there still needs to be an “acting” first sergeant who can function as the “overseer” for enlisted in the unit. For that reason, in 1993 the Air Force’s First Sergeant Academy’s Additional Duty First Sergeant Symposium was created.

The original class was held at Hurlburt Field, Fla., at the request of Special Operations Command to help cope with manning shortages. The course was tailored to suit the needs of the additional-duty first sergeant with selected topics requested by the Hurlburt senior enlisted advisor.

In 1996 the First Sergeant Academy staff standardized the curriculum, obtained accreditation for the course through the Community College of the Air Force and had the course added to the Air University Catalog. Since the announcement in 1995 that training for additional duty first sergeants existed, the demand for the symposium has increased.

Additional-duty first sergeants provide the continuity to allow first sergeants, or “shirts,” to go on leave or temporary duty without fearing valuable people programs will become dormant, said Senior Master Sgt. Lenora Schaber, vice commandant of the First Sergeant Academy, College for Professional Development

The symposium presents a five-day academic curriculum designed to provide NCOs with the basic job knowledge about the first sergeant position. Lessons include family care planning, maintenance of discipline, security forces procedures, administrative absences and domestic violence. Other topics include the Air Force weight and body fat program, financial responsibility, demotions, administrative reprimands, involuntary separations, rights of the accused, apprehension, pretrial restraint, search and seizure and nonjudicial punishment.

“The course was great because it helped better define my responsibilities. Even though it is a compact course, it gave me a lot of tools to work with and a better understanding of the job,”said Sgt. Jim Muise, an additional-duty first sergeant who completed the course at air War college Maxwell Air force Base, Ala.

“On the last day the students participate in role playing that helps them interact with a unit member as a first sergeant,” said Schaber.

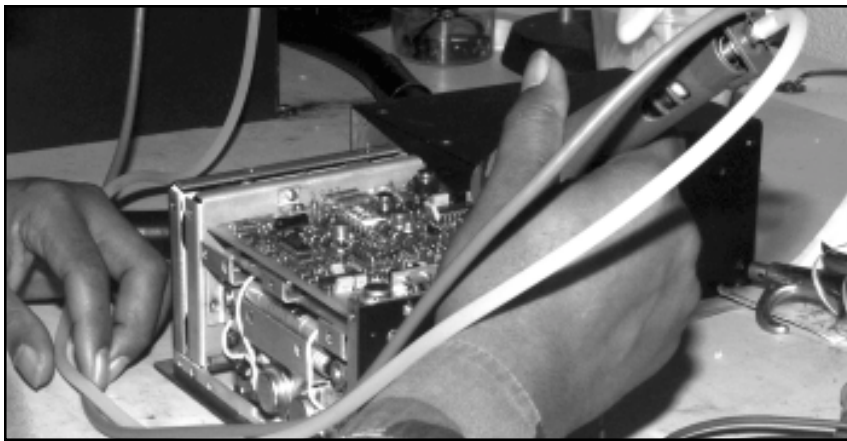
“The classes become very interactive. The information opens the door for them to help them do their job,” said instructor Senior Master Sgt. Rick Bailey, an 18-year Air Force veteran, five of which as a FSA instructor.

For fiscal year 2001, the symposia have changed to regional conferences rather than the instructors traveling to the different bases. There are eight regions plus Pacific Air Forces and U.S. Air Forces in Europe.





*(Right) An avionics flight member solders a battery charger. (Below) Senior Airman Brian Spegal connects the cables on a targeting pod for testing.*



Photos by Airman 1st Class Julie Simmons



*(Above) Senior Airman Manuel Meza repairs an F-16 antenna. (Right) Airman 1st Class Kevin Paradee prepares a targeting pod for a bench check.*



# Avionics

## *56th CRS flight keeps Luke jets flying right*

**By Senior Airman J. Propst**

*56th Fighter Wing Public Affairs*

The 56th Component Repair Squadron avionics flight has a varied and complex mission affecting various systems on the aircraft ranging from the low-altitude navigation and targeting infrared for night or LANTIRN pods to the flight controls, in addition to some equipment that never reaches the flightline.

The flight is made up of three elements: the augmented test station shop, the circuit card repair shop and the sensors shop.

The augmented test station shop determines whether line replaceable units are working and then repairs them if needed. LRUs are used in various systems ranging from navigation to flight controls. They control actions like weapons release and the heads-up display.

"If they don't have these units in the aircraft, they can't fly the aircraft," said Staff Sgt. Carol Wagner, ATS specialist.

Luke's ATS shop fixes an average of 330 LRUs a month, which is more than any other ATS shop in the Air Force, said Staff Sgt. Dave Holcomb, ATS specialist. Most bases average around 150 month, he said.

"We have more aircraft here than most bases," Wagner said. "That means more work for us."

The ATS shop isn't the only avionics section with plenty of work. The circuit card repair shop, which works with the Gold Way program, fixes items that no other shop can.

"We have fixed everything from a popcorn machine to matrices used in the F-16," said Tech. Sgt. William Whitaker, CCR specialist. "We fix odds and ends that other shops won't do."

The Gold Way program airmen find equipment that can be fixed, then give that equipment to the CCR shop specialists, who, in turn, fix them.

It requires creativity and an arsenal of tools, Whitaker said. "We have everything from a pin-point tester to determine the bad circuit, all the way down to a simple multimeter to do resistance checks."

The sensor shop, also known as the LATRIN shop, has a more specific mission. They repair the LANTIRN pods and clean the 8mm systems.

"The 8mm systems are just like your VCR, the more it is cleaned, the better quality recording you will get," said Staff Sgt. Robert Strief, sensor section production supervisor.

The 8mm system is cleaned after 100 hours of flight time. Eventually, the sensor shop may also repair the system.

The sensor shop repairs an average of five to 10 LANTIRN pods a month. However, a change in temperature is hard on the pod's electronics, making them busier in the spring and fall, Strief said.

The sensor shop staff maintains high standards. Earlier this month they maintained 96-percent serviceability for three weeks, Strief said. This means that 96 percent of the pods were on the flightline and mission ready. The Air Force only requires 85-percent serviceability.

In addition to maintaining the pods, the sensor shop also trains their Air National Guard counterparts from Tucson. Every few weeks an airman from the Guard visits and receives familiarization training on the system.

From training Tucson airmen to fixing popcorn machines, the avionics flight does it all. They keep Luke jets flying right.



# Information, Tickets and Tours

Information, Tickets and Tours is in the community center. Dillard's Box Office and Ticketmaster are open weekdays from 8 a.m. to 6 p.m.; Saturday from 10 a.m. to 2 p.m.; and closed Sunday. Tickets for a variety of community events are available. For locations, times and events, call 856-6000.

## Tours Old Tucson Studios

A trip to the Old Tucson Studios departs Saturday from Bldg. 700 at 7 a.m. and returns at about 7 p.m.  
The cost is \$25 for adults, \$15 for children ages 4 to 11 and \$5 for children under age 3.

**Laughlin, Nev.**  
A trip to the Riverside Casino in Laughlin, Nev., departs Sunday at 6 a.m. and returns at about 10 p.m. The cost is \$5 per person. Participants must be at least 21 years old.

## Luke Movies

Movies begin at 7 p.m. unless otherwise noted. Cost for children 11 and under is \$1; adults pay \$2.



**Today and Sunday, 7 p.m.**

**Perfect Storm (PG-13)**  
Stars George Clooney, Mark Wahlberg, Diane Lane, John Reilly and Karen Allen.  
Based on a true story and a best-selling book, the film tells the story of the six-man crew of the Andrea Gail, a commercial fishing boat based out of Gloucester, Mass.  
In October 1991, after a series of disappointing catches, the crew sets out on its last trip of the fishing season.  
They go beyond the normal reach of New England fishing boats to the Flemish Cap, a remote area known for its rich fishing prospects. On their journey back to Gloucester, with no warning they encounter “The Perfect Storm.”



**Saturday, 2 and 7 p.m.**  
**Sunday, 2 p.m.**

**Chicken Run (G)**  
Features the voice talents of Mel Gibson, Julia Sawahla, Miranda Richardson, Tony Heygert and Phil Daniels.  
A comedy drama set on a Yorkshire chicken farm in 1950s England, the movie follows the story of a group of chickens determined to fly the coop for good.  
Led by the rough-and-ready new-comer, Rocky the Rooster, and Ginger the chicken, both of whom are tired of being repressed.  
Rallying their fellow chickens of Coop 17, Rocky and Ginger hatch an elaborate plan in a daring “prisoner-of-war” style escape to get out of the clutches of the menacing Mrs. Tweedy before she serves them up as pies.  
Full of adventure and unique wit, the movie proves that bravery comes in all forms — even feathers.



**Aug. 25**

**Aug. 26, 9 p.m.**

**The In Crowd (PG-13)**  
Stars Susan Ward, Matthew Settle, Lori Heuring, Laurie Fortier and Nathan Bexton.  
Adrien Williams enters the “In Crowd” when she is hired by a posh East Coast country club and befriended by Brittany Foster, the charismatic leader of a clique of wealthy college students who are home for the summer.  
Brittany takes Adrien under her wing and attempts to show Adrien the benefits of the good life. Brittany introduces Adrien to other members of her inner circle, including the object of Brittany’s affection, tennis pro Matt Curtis.  
When Matt shows an interest in Adrien, Brittany begins to reveal her dark side.  
Adrien slowly starts to learn that Brittany and her pack of friends will do anything to protect their circle and the dark secrets they harbor.

## Chapel News

### Worship schedule

The following is Luke’s Protestant and Catholic worship schedule:

#### Protestant worship

♦ Holy Communion is Sunday at 8 a.m. at the Luke Community Chapel.



♦ Gospel service is Sunday at 8:30 a.m. at the Chapel on the Mall.

♦ Morning worship service is Sunday at 11 a.m. at the Luke Community Chapel.

♦ Evening praise service is Sunday at 6 p.m. at the Luke Community Chapel.

#### Catholic worship

♦ Saturday Mass is at 5 p.m. at the Luke Community Chapel.

♦ Sunday Mass is at 9:30 a.m. and 12:30 p.m. at the Luke Community Chapel.

♦ Weekday Mass is at noon at the Luke Community Chapel.

### Singles meet

The Luke Chapel Singles meet at 5 p.m. every Thursday in the fitness center for walleyball and at 7 p.m. in the Luke Community Chapel conference room for Bible study.

For more information on these and other chapel programs, call 856-6211.

## Around Base

### Healthy Back Care display

The 56th Medical Group hosts a Healthy Back Care display Saturday from 9 a.m. to 3 p.m. at the Luke exchange. A display on how to properly select running shoes is from 1 to 3 p.m. For more information, call Maj. Jose Fonseca at 856-4047.

### Rio Salado begins fall term

Rio Salado Community College begins its first fall term Monday. To register for classes, go to the 56th Support Center Building, Room 3138. For more information, call 856-3239.

### Family Night

Enjoy an all-you-can-eat buffet during Family Night Thursday from 6 to 8 p.m. in the Desert Star Enlisted Club.

Buffet features fried chicken and spaghetti and meatballs and costs \$7.25 per person. Children ages 12 and under eat free from the childrens’ menu.

Entertainment includes magicians, clowns and games. For more information, call 856-7136.

### Comedy Night

Comedy Night is Aug. 25 from 9:30 to 11 p.m. in the main lounge at the Desert Star Enlisted Club. For more information, call 856-7136.

### Commissary shopping tour

Learn how to interpret food labels and make healthier food selections at a commissary shopping tour Aug. 28 and Sept. 25 from 10 to 11 a.m. To register, call 1st Lt. Debbie Robinson at 856-3778.

### Home buying seminar

A home buying seminar sponsored by the 56th Civil Engineer Squadron housing flight is 11:30 a.m. to 12:30 p.m. Aug. 30 in Bldg. 1150, Room 1046. To reserve a seat, call 856-3008.

### American Red Cross classes

The American Red Cross offers the following classes:

♦ An American Red Cross new volunteer orientation is Thursday at 10 a.m. in the 56th Support Center Building, Room 1064. There are many volunteer positions open with days and hours to fit everyone’s schedule. For more information or to register, call 856-7823.

♦ Dental assistant training begins Sept. 11 at the Luke dental clinic. This full-time training program requires 800 hours and must be completed in six months. The free program is open to people ages 18 and older. For more information, call 856-7533.

### C4I Technology Exhibition

The 18th Annual C4I Technology Exhibition is Oct. 3 to 5 at Fort Huachuca, Ariz.

Sponsored by the Southern Arizona Chapter of the Armed Forces Communications Electronics Association, the exhibit features technology for the command, control, communications, computers and intelligence systems field.

For more information, visit the [www.laser-options.com/afcea](http://www.laser-options.com/afcea) Web site.

### AFA meets

The Air Force Association Luke chapter’s next luncheon meeting is 11:30 a.m. today in the Desert Star Enlisted Club.

Service members and civil service employees, whether they are members or not, are welcome to attend.

For more information, call Harry Bailey at 846-7483 or e-mail him at [hbailey@primenet.com](mailto:hbailey@primenet.com). Information is also available on the Internet at [geocites.com/afaluke](http://geocites.com/afaluke).

### Peoria Toastmasters meet

The Peoria Chamber of Commerce Toastmasters meet every Thursday at 7:30 p.m. at the chamber office, 8335 W. Peoria Ave. For more information, call Jill Grob at (623) 875-3822.

***Volunteer opportunities***

Volunteer opportunities are available at Historic Sahuaro Ranch, 9802 N. 59th Ave., Glendale. The ranch is a private, nonprofit organization. It preserves and protects the history of one of the West Valley’s oldest homesteads. Volunteer positions include tour guides, re-enactors, gallery attendants and educational, clerical and research assistants. Training is free with a minimum requirement of four volunteer hours per month. The ranch is open October through May. Its hours are Tuesdays through Fridays from 10 a.m. to 2 p.m., Saturdays from 10 a.m. to 4 p.m. and Sundays from noon to 4 p.m. For more information, call the volunteer curator at (623) 939-5782.

***Stress management workshop***

A one-day stress management workshop is Thursday from 1 to 4:30 p.m. in the health and wellness center. For more information or to register, call 856-3830.

***Tuition assistance benefits***

Service members who have never used their tuition assistance benefits and plan to take college or university classes this fall or spring, must schedule an appointment with an education counselor. Appointments are available on Monday, Tuesday, Thursday and Friday between 7:30 a.m. and 4:30 p.m. and Wednesday from 7:30 a.m. to 1:30 p.m. To make an appointment, call 856-7722 or 856-7723.

***Fiesta Glendale***

Fiesta Glendale premiers Sept. 15 and 16 at Murphy Park in historic downtown Glendale as a kickoff for National Hispanic Heritage Month. The event features two stages of entertainment, food from local restaurants, traditional and modern crafts and fine art and family activities. A Hispanic “Taste of Glendale” competition is also planned. The entry fee is \$25. Half the contestants compete Friday and the other half Saturday. Pick up entries at the Glendale City Hall or by calling Holly Betzer at (623) 930-2959.

**Prescriptions available by mail**

The Department of Defense National Mail Order Pharmacy offers a time-and-money-saving alternative to retail pharmacies. The program is administered by Merck-Medco and offers TRICARE beneficiaries without other health insurance pharmacy options. Active-duty family members pay \$4 per prescription and retirees and their family members pay \$8. Delivery is free. Beneficiaries can order up to a 90-day supply of maintenance medications used for conditions such as high blood pressure, asthma, diabetes, hypertension, migraines, gastric ulcer and gastroesophageal reflux disease, and treatment and prevention of osteoporosis, high cholesterol, among others. To get their prescriptions, beneficiaries only need

to mail in their prescriptions and the appropriate co-payment. The order is usually delivered within 10 to 14 days, program officials said. This service, however, is not intended for delivery of medications needed immediately, like antibiotics. For more information about the program, medications, to refill orders or for a brochure and order form, call Merck-Medco Member Services at (800) 903-4680. To refill an order on line or to check the status of an order, go to [www.merck-medco.com](http://www.merck-medco.com). For more information or questions about TRICARE, call (888) 874-9378 or visit its Web site at [www.triwest.com](http://www.triwest.com). (Courtesy of the 56th Medical Group)

***What’s this?***



Courtesy photo  
***1st Lt. Debbie Robinson, 56th Aerospace Medicine Squadron nutrition programs manager, teaches Airman 1st Class Stephen Casarez, 56th Medical Group, how to analyze food labels during the July commissary shopping tour. The tour teaches people how to compare food products and make healthier selections. The next tour is Aug. 28 from 10 to 11 a.m. To sign up, call Robinson at 856-3778.***

***High ozone day reminders***

- Don’t forget, on high ozone days:
- ♦Reduce driving by car or van pooling.
  - ♦Refuel vehicles after 4 p.m. and don’t top off.
  - ♦Keep vehicles tuned.
  - ♦Avoid gas-powered garden equipment.



# Air Force extends available childcare hours

By Staff Sgt. Cynthia Miller  
*Air Force Print News*

**WASHINGTON** — A smaller Air Force working longer duty hours and more frequent temporary assignments were some of the reasons cited by Air Force Services for establishing a program extending the number of childcare hours available to parents.

Since 1999, MacDill Air Force Base, Fla., has been the site of a pilot program testing the use of childcare purchased by contract from home-care providers. The extended hours are used by parents whose jobs require them to occasionally work beyond their average 50-hour per week childcare arrangements.

The program was recently extended to Lackland Air Force Base, Texas; Malmstrom Air Force Base, Mont.; Cannon Air Force Base, N.M.; Kadena Air Base, Japan; and Spangdahlem Air Base, Germany.

The program’s goal is to decrease parents’ concern about how to take care of their children when they must work longer hours.

“The intent of this program is to provide support to families who need care beyond their regular childcare arrangements,” said Dr. Beverly Schmalzried, Air Force Services family member programs chief. “Most families have an arrangement that provides care during their regular working hours, but sometimes parents have to work late, work on Saturdays or go TDY (temporary duty) over night, so their regular arrangements won’t

work. This program gives those parents a second option.”

At each of the six test bases, two providers are contracted to provide 40 hours of care.

Parents are required to forecast the number of hours each month they expect to work overtime, whether they use the hours or not. Care may also be available for short-notice requirements. The program is administered by the base family child care staff.

Using appropriated funds, the Air Force has agreed to purchase additional hours from the providers, regardless of use, in order to guarantee the care will be available.

Parents are charged up to \$2 per hour, based on their regular weekly fees, to cover other costs associated with administering the program. This is about half what special care would usually cost.

“In order to have the care available, we guarantee the provider \$160 per week, whether or not care is provided, because otherwise they could take full-day children or plan a day off,” Schmalzried said. “We can’t expect them to set aside that time in their schedules without compensation.”

The program is a pilot only in the sense of working out procedures. Participation is not a right, and parents must fill out an application, meet the providers in advance and sign an agreement.

“We recognize that some parents might be workaholics and choose to stay at work later than they’re required,” Schmalzried said. “That’s not



Airman Delvin Barnes

*Konnor Briody and Carli Bingenheimer fingerprint at the child development center.*

the intended use of this program. Use of this service must be duty related and the work directed by a supervisor.”

Some reasons for which the program cannot be used at this time include:

- ♦ Meeting regular childcare requirements
- ♦ To provide care during shift work, when working a shift is normal
- ♦ For off-duty education and employment
- ♦ To provide hourly care for nonduty-related reasons

People eligible to use this service include active-duty military assigned to or living on the base, DOD civilians, reservists on active duty or during inactive duty training and DOD contractors assigned to the base.

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# Softball team earns base bragging rights

By Senior Airman J. Propst  
*56th Fighter Wing Public Affairs*

The varsity softball team beat the varsity baseball team in a best-of-three softball tournament Aug. 10 at the fields behind the base fitness center.

It was immediately obvious who had the advantage when the baseball team pitcher asked the umpire what made up the strike zone.

The softball team took the first game in a 15-run rule blow out. The baseball team would have to work hard to stay in the tournament, let alone win it.

The softball team's Chris Tipton began the second game well with a line drive to center, putting him on second. A double by Tony Piccoli brought him home. The baseball team did well in the field and kept the softball team to only one run in the first inning. Several strong hits put runners on first and third for the baseball team in what looked like a strong start. They just couldn't follow through, leaving two runners stranded on base.

The softball team did a great job fielding in the second inning, putting the baseball team down one, two, three. Baseball's outfield kept the softball team at bay as well, only allowing one run on a line drive to right center field.

The softball team took the game in the top of the third, scoring 13 runs, including a home run by Tipton who brought home three runs. The baseball team couldn't match the pace, only bringing in four, making the score 5-15.

Though the assault had slowed, it wasn't over in the fourth. The softball team brought six more players across home plate with one line drive after another to holes in the outfield. Stick a fork in them,



A Luke varsity baseball player slams the ball Aug. 10 during a game against the varsity softball team.  
Airman 1st Class Julie Simmons

the baseball team was done. They wouldn't score a run for the rest of the game, going three up, three down.

The softball team's hitting spree was also done. They could only manage base hits, scoring only one run. The baseball team's spirit was broken, they remained scoreless, leaving the softball team in the

lead 22-5 at the end of the fifth.

Things only got worse in the sixth and seventh innings for the baseball team as the softball team brought five more runs in, ending the game 27-5.

The defeated baseball team left the field asking only one question, when would they get to play the varsity softball team in a game of baseball?

# Falcons break down Alliance

By Senior Airman J. Propst  
*56th Fighter Wing Public Affairs*

The Luke Falcons varsity indoor soccer team beat the Alliance, a local team, 5-2 Friday at the Phoenix Soccer Center.

Both teams came out strong, but Luke quickly proved who was going to own the field that night.

Only two minutes into the game, Jimmy Kinsey, on a solid cross, slammed one into the back of the net. The Alliance applied more pressure, keeping the ball on the Falcons side of the field.

Falcons Drew Hall took possession and broke away. He was one-on-one with the Alliance goalie when he faked the keeper into diving too soon, allowing Hall to score.

Luke began working as a team putting plays together and shots on goal. Kinsey put in Luke's third unanswered goal on a penalty shot.

A loose ball that stayed in front of the Falcon's net too long allowed Alliance to put its first goal in the net.

With four minutes left in the half, the Falcon's put one more in when Hall, who was going left, used the

moves of a contortionist to put a solid shot on goal to the right side of three defenders. The half ended with the Falcons in the lead 4-1.

The Alliance came out determined to have a better half and did so by keeping the ball on Luke's side of the field. Luke's goalie, David Fewkes, had the opportunity to demonstrate his magic by saving several balls from the back of the net.

The Alliance game plan didn't work. Luke began passing in front of the Alliance goal and slowed down the game to their pace. The Falcons also improved their ball handling skills, including some excellent defense by Mackenzie Drake and Neal Fillmore.

One of those plays was when Hall put a shot on goal, which was deflected by the keeper. Geno Korleski then stepped up and ripped it into the goal with his left foot, making the score 5-1.

The Alliance tried a comeback, but excellent defense and outstanding goaltending by Fewkes prevented them from putting in many shots. Alliance did manage, however, to score one goal with several quick passes in front of the goal.

The Alliance attempt was too little too late. The Falcons took the game 5-2.



Falcons Jimmy Kinsey battles Mike Kpodo for the ball during soccer practice Thursday.  
Airman 1st Class Julie Simmons

## Supplements

# Air Force officials warn against hemp seed

By Maj. Craig A. Olson  
*60th Medical Group Nutritional Medicine Flight*

**TRAVIS AIR FORCE BASE, Calif. (AFPN)** — Like many Americans, Air Force members are constantly on the go and constantly trying to stay in shape. It's no wonder the market for nutritional supplements, including sports bars, has skyrocketed in recent years. This high demand breeds competition among businesses looking for new ways to get their products noticed.

Competition may be healthy for the market, but it can lead to trouble for an unsuspecting consumer. The use of exotic ingredients and unsubstantiated health claims make the nutritional supplement industry a very confusing arena. Air Force personnel have to be especially careful when shopping for nutritional supplements because some contain hemp seed oil.

Ingestion of hemp seed oil is against Air Force policy because it may lead to a positive drug test result for marijuana.

"Modifications are being considered for the Alcohol and Drug Abuse Prevention and Treatment Program to ban all hemp seed products, not just hemp seed

oil," said Lt. Col. Susan Northrup, Office of the Surgeon General operational medicine chief. This is an important clarification because all products made with hemp products may contain the same substances found in marijuana.

From a botanical standpoint, hemp and marijuana are the same plant species — cannabis sativa. The different parts of the plant contain varying amounts of psychoactive substances, the highest concentrations of which are in the resin of the flowering tops of the plants. Industrial hemp plants are grown in countries around the world, and the seeds are sold commercially for use as birdseed, as ingredients in commercially prepared foods and even for cooking at home.

Hemp seeds don't contain tetrahydrocannabinol, or THC, the euphoria-producing active ingredient in marijuana. So why the concern? Hemp seeds can pick up the chemical after coming into contact with leaves and stems during processing. Products that contain hemp seed oil or hemp seeds, like the Original Organic Hemp Seed Bar, manufactured by Nutiva, are off limits for some Air Force personnel.

In a recent memorandum, Northrup said, "due

to the potential of THC ingestion, this product is off limits for all aircrew, special duty and PRP personnel per AFI 48-123 ("Medical Examination and Standards") and AFI 36-2104 ("Nuclear Weapons Personnel Reliability Program.") All other Air Force members should seriously weigh the use of this product, with a known THC contaminant, against the legal ramifications of a positive urine drug screen."

Why would anyone want to eat hemp seeds or hemp seed oil? According to Capt. Deborah Carlton, clinical dietetics element chief at David Grant Medical Center, the answer is simple.

"Hemp products are marketed by manufacturers as being a good source of essential fatty acids and protein,"she said.

She went on to describe how informed consumers know that a well-balanced diet will meet their needs for protein, fats, carbohydrates, vitamins and minerals without the use of supplements.

For more information about dietary herbs and supplements, visit the Brooks Air Force Base, Texas, Operational Alternative and Complimentary Medicine Web site at [www.brooks.af.mil/web/af/altmed/home](http://www.brooks.af.mil/web/af/altmed/home).

## Sports Shorts

### ***Golf tournament***

The Hansen Brother's Golf Classic to benefit the Luke varsity hockey team is Sept. 15 at 7:30 a.m. at the Falcon Dunes Golf Course. The four-man scramble tournament costs \$40 per person. Call Mike McGuire at 856-6332 or Erik Saracino at 856-3732 to register.

### ***Bowling specials***

Colorama, bowling for cash prizes, is Saturdays at 6 p.m. at Luke Lanes. Bowl three games for \$10. Patrons can also bowl for \$1.10 a game Tuesdays and Thursdays from 10:30 a.m. to 8:30 p.m. For more information, call 856-6529.

### ***Punt, Pass and Kick***

The free NFL Punt, Pass and Kick competition is Sept. 9 at 9 a.m. at youth ballfield No. 1 for children ages 8 to 15. Parents need to sign up children at the youth center by Sept. 7. For more information, call 856-7470 or 856-6225.

### ***Youth flag football***

Youth flag football registration ends Aug. 31. Parents can register children ages 6 to 12 at the youth center for \$25. The season begins Sept. 16. For more information, call 856-7470 or 856-6225.

### ***Volunteers needed***

The youth center needs adult volunteers to help with the NFL Punt, Pass and Kick Sept. 9. The youth center is also looking for adult volunteers to be coaches, assistant coaches and concession stand workers for the flag football season. For more information or to sign up, call Amy Heil at 856-7471.

### ***Volleyball meeting***

There is a coaches volleyball meeting Aug. 23 at 10 a.m. at the fitness center.

## Streeeeetch ...



Airman 1st Class Julie Simmons

*Staff Sgt. James Johnson, 56th Equipment Maintenance Squadron, stretches before running Friday in the Air Force marathon qualifier at the fitness center. The fourth annual U.S. Air Force Marathon is Sept. 6 at Wright Patterson Air Force Base, Ohio.*



